



OKinHealth

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OK In Health
May 2007 Newsletter
www.OKinHealth.com



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Tell a Friend and support your Ok Health & Healing community website. Your support is needed and always much appreciated.

Our Membership is growing so fast and it is in thanks to our members amazing support.

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[Create a new career and way of life!](#)

YOUR OKinHealth NEWSLETTER HAS BEEN POSTED ON THE WEBSITE.
Please [CLICK HERE](#) to view it on www.OKinHealth.com -
HOPE YOU ENJOY THE INSIGHTS, INFORMATION, AND SUPPORT.

This monthly newsletter is sent freely to support and inspire. Please feel free to pass it on to anyone you feel may need the messages it contains. If however you wish to be removed from the mailing list, simply return with kindly unsubscribe as the subject.

Welcome to the May - OK In Health Newsletter

In this Newsletter:

- [News](#)
- [New 22 Contests](#)
- [New Articles](#)
- [Classifieds](#)
- [Health & Wellness Tips](#)
- [New Recipes](#)
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This comprehensive holistic health directory offers a variety of alternative healing modalities, integrative, and complementary medicine information. We provide up-to-date information on the Okanagan & BC health practitioners, plus BC, Alberta, Canada, USA & Ireland's healing workshops info, natural health articles & news, health & wellness tips, healthy recipes, and more, for our physical, emotional, and spiritual well being.

For our full line up of coming events - see our [Calendar of Events](#)


New Recipes

<p>Greek Omelet <i>With flavors reminiscent of the classic Greek spanakopita, this easy omelet is just right for a light dinner or brunch. Frozen leaf spinach makes it ultra-quick. For Full Details</i></p>	
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<p>Smoked Fish with Horseradish Sauce</p> <p>If you have never dealt with a fresh horseradish root, be prepared for an experience. Freshly ground horseradish with vinegar and a little salt completely outclasses the prepared varieties sold in stores, and mixed with low-fat sour cream, it becomes a wonderful condiment for fish, boiled or baked potatoes, and other cooked vegetables For Full Details</p>	<p>Banana Bread</p> <p>Bananas help to strengthen the stomach lining and are good for soothing indigestion. Most banana bread recipes are saturated with butter and sugar. This one uses a small amount of canola oil instead - which is much better for your heart - and honey, which of course means lots of flavour..... For Full Details</p>	<p>Stuffed Mushroom Caps with Couscous</p> <p>Couscous is a mildly nutty-tasting grain that comes from North Africa. It makes a great stuffing, especially for a small cavity like a mushroom, because it's so moist. When the stuffed mushrooms are baked, the full flavor of the couscous and the mushrooms really come through. These will go fast!..... For Full Details</p>
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See our [Recipes page](#) for more great recipes

Pacific Institute of Reflexology
Natural Healing School and Clinic has franchises available. For more details visit [Website](#) and/ or phone 1 (800) 567-9389 or 1(403) 701-5188.



SPECTRAL SIGNATURE
Your assurance of potency, purity, and authenticity.

[Goji Juice](#)

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Reiki Intro & Master Level

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Shift Happens Weekend Workshops

[Grand Forks](#)

[See Retreat Page](#)

Embracing Change
Full Day Workshop
Tired of experiencing the same patterns over

News

Tick Season is Here!

It is tick season. The few cases of tick paralysis in the Okanagan and B.C. Interior are generally related to the bite of the Rocky Mountain wood tick although there are dozens of varieties of ticks around the world with varying degrees of toxicity. "A cluster of tick paralysis cases does not make an outbreak and it has nothing to do with Lyme disease!" So says Dr. Rob Parker, a medical health officer with the Interior Health Authority. He recommends removing the tick with a pair of fine-tipped tweezers.



"Don't burn it off or put alcohol on it. If you damage it, it may regurgitate more material into the body," he advised. "Gently grab the tick at the base where it attaches to the skin and pull it directly upward." Precautions for avoiding tick bites include wearing light-coloured long sleeved shirts and long pants when hiking in forested areas and grasslands. "Do a check along the hairline which is where they tend to gravitate," advised Parker. "Check your kid's hairline and do a thorough comb-out of your dog."

OKinHealth New Newspaper Column.

OKinHealth articles can now be found each week in the South Valley Newspaper Network. We are providing a new weekly column called "A Healthy Focus" in the Osoyoos Times, Princeton Spotlight, Boundary Creek Times, OK Falls Review, and the Keremeos Review.

Chris Stormer

Chris Stormer is returning from South Africa for three workshops in B.C. She is affectionately known worldwide as the "Universal Foot Lady". Chris is also the author of 5 books, two videos, seven charts, and a set of audio cassettes and she has much more in the pipe line! You are personally invited to come and experience the magic of one of Chris - presentations for yourself! It's a real treat!



She starts her tour in USA and then on to Vancouver for 22nd May, then to Penticton for a one day workshop on Thursday May 24th and a two-day workshop in Vernon on Sat & Sun May 26 and 27.

Great workshops for Reflexologists, Energy, massage workers, or anyone interested in learning more about your feet and Health.

For more information see [OKinHealth's Reflexology page](#).
Early Bird Reg special is closing soon

Your Feedback is very important to us and your health & healing community

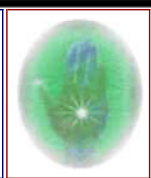
We would love to hear from you! Do you have any suggestions or comments? Would you like us to focus on a certain topic or do you have something you think we should change or update - or are you enjoying this website and newsletter. As this is a community website we value your opinion and encouragement. So drop us a line to let us know how we are doing and any suggestion you might have. [Send your feedback](#).

Our free newsletter /membership is growing so fast and it is in thanks to our members amazing support.

Tell a Friend and support your Ok Health & Healing community website. Your support is needed and always much appreciated.

Do You Need a Website?

Let [OKinWebDesigns](#) build one for you !



New Articles

[Recipes for Safer Cleaning](#)

Common ingredients such as baking soda and liquid soap can be used for a host of jobs around the house. Try these recipes as alternatives to hazardous

[Safety of Art and Hobby Materials](#)

Answers to questions about art and hobby materials. Which dry erase markers are the safest? How toxic are the fumes? Do crayons contain lead?

[WHAT'S BLOOD GOT TO DO WITH IT ?](#)

In a word, EVERYTHING Blood's central role in your health makes sense when you consider just how much of it your body contains - in other words,

and over again and expecting different results? Then it is time for you to Embrace Change ! [Penticton](#)

See Article page

Homeopathy For Birth Attendants & Midwives

[Maternity page](#)

DARE TO DREAM Store
Body, Mind & Spirit Centre
Centre
10th
[Anniversary STOREWIDE SALE !](#)
April 30th – May 13th

Foot, Hand, & Ear Reflexology Course
[Vancouver](#)



Chris Stormer`s - **Feet Glorious Feet!** -
"IT'S ALL IN YOUR FEET"
One Day

cleaning products!.....
Don't bother with strong disinfectants or acids. Use a non-chlorinated scouring powder or baking soda and liquid soap to clean... [\[To Read More...\]](#)

Are crayons non-toxic? What art products are acceptable for children to use? I'm an artist who works at home. How do I dispose of my chemicals? [\[To Read More...\]](#)

when you understand exactly how much of your body is "blood." The importance of the acid/alkaline balance of the body and..... [\[To Read More...\]](#)



Hey, I'm Pure Potential! By Kath Forster.

Do you really want to break your old patterns of thinking going around and around in your head? Do you constantly blame others for your misfortune? Do you really want to stop complaining about your life? Or is there a part of you that actually likes it? You have to be honest with yourself before going any further.....[\[Read More\]](#)

Seasonal Allergies

It happens to millions of people every year. The stuffy head, watery eyes, runny nose and sneezing that signals seasonal allergies. The good news is that there are numerous mind, body, spirit remedies that can help you feel better. International studies show that natural approaches are highly effective in improving allergies. There are a few factors that you should consider if suffering from allergies... [\[Read More...\]](#)

Eczema In Children

Eczema is predominantly an allergic condition whereby abnormalities in the immune system promote an over production of inflammatory and allergic reactions in the skin, and where there is poor resistance to skin bacteria and viruses. It is common in infants and toddlers and often appears when children are teething or.... [Read More](#)

Cosmetic & Toxic Chemicals

Large Corporations in the personal care industry are interested in the promotion and profit potential of their products, not YOUR health! They are hiding controversial or dangerous ingredients under the label of "trade secrets". The Environmental Defense Council reports that more than four billion pounds of toxic chemicals are released into the environment each year, including 72 million pounds of known carcinogens. ...[Read More](#)

EMBRACING CHANGE

Ofentimes we are faced with changes in our reality that we either weren't expecting or aren't too thrilled about, as in the sudden death of a loved one, divorce, job loss or health issues that leave us feeling victimized, angry and with little energy to move forward. Alternatively we may also experience changes that we wanted to occur such as a move, job promotion, marriage or birth of a child, and then find ourselves in a state of unexplainable paralysis, feeling out of sorts and wondering why we aren't feeling the same excitement we felt when we embarked on the journey to begin with! Does any of this resonate with you? Well if it does, the good news is you are human...and as a human being, whenever change takes place we all go through stages associated with change.....[\[to Read More...\]](#)

For more Articles visit our [Wellness Articles Page](#)

Classifieds



Kelowna Family YMCA-YWCA Job openings

We have two exciting job opportunities available in the Fitness Dept of our Kelowna Family

Presentation -
See
[Reflexology](#)
page

a sponsored &
event by
OKinHealth



Okanagan Wellness Centre,

a professional
clinic in Penticton
designed for full
time and part time
practitioners, is
now accepting
applications.
Benefits include
full-time
reception, waiting
room, on-site
laundry, kitchen,
training room,
marketing and
flexible
scheduling. If you
are looking for a
professional space
to greet and treat
your clients, call
Nora at 493-7356
or email
owc@shaw.ca



Healing Touch
- Level 3

[Penticton](#)

Business
Course for
Wholistic
Practitioners

[Calgary, AB](#)

Clutter
Clearing with

YMCA-YWCA: Prenatal Wellness Facilitator (part-time) and Group Fitness Team Leader (full-time). For complete job descriptions visit website at: www.ymca-ywca.com.

Create a new career and way of life!

Pacific Institute of Reflexology Natural Healing School and Clinic
has franchises available. For more details visit www.pacificreflexology.com
and/ or phone 1(800)567-9389 or 1(403) 701-5188.

[OKinWebDesigns](#) - Do You Need a Website that reflects your vision??

Why not consider an Intuitive Web Designer that can help you develop a website that
reflects your vision and work. No computer skills required. I can help you design your
website and also follow up with hooking you up with a domain and hosting service. All you
need to do is talk to me by email me your vision of how you see your website.

See our many examples of local practitioners and also businesses website.

Do you need a web designer that you can you can trust and is affordable

Contact: Maria Carr at [OKinWebDesigns](#)
Editor & Web designer of www.OKinHealth.com

For Sale - Practitioner's Opportunity

Aqua-Chi detox machine, Professional model, purchased Oct. 2005, \$1200. Also a Set of 7,
tuned, Crystal bowls, includes custom LED light bases. \$1800. - Phone: 250-499-7771

Call for Accredited Practitioners

Okanagan Wellness Centre, a professional clinic in Penticton designed for full time and part
time practitioners, is now accepting applications. Benefits include full-time reception,
waiting room, on-site laundry, kitchen, training room, marketing and flexible scheduling. If
you are looking for a professional space to greet and treat your clients, call Nora at 493-7356
or email owc@shaw.ca

SEMINAR ROOM for RENT

Room Size: 450 square feet (a approximately 18'x 25') also Healing Rooms - Pacific Institute
of Reflexology, 535 West 10th Avenue, Vancouver, B.C.

Also **FOR SALE**

La Fuma Zero Gravity Recliner Lounge Chairs and Faulkner Recliner Chairs,
Reflexology T-Shirts, Maseur Massage Sandals, Reflexology Foot,
Hand & Ear Charts, Books, DVD and self-help tools...
www.pacificreflexology.com - (604) 875-8818 or 1 (800) 688-9748

House sitting/Rental

Wanted please, a place to house sit or to rent in the Kelowna region, for around July 14th/
Please call Joan Moffet (Healer & Therapist) at 250 492 6743

B & B needed

Wanted: Bed & Breakfast or family home in or near Kelowna to host an out-of-town couple
who wish to have a homebirth with a Registered Midwife. 762-9763

Looking for a small flat

Needed for May 1st, 2007. Small granny flat or shared accomodation for single female. Non-
smoking, non-drinking vegetarian who avoids television whenever possible. No children or
pets. Peaceful environment preferred. Please contact Leslie Joy@ 250-764-0576
freetodanceljp@yahoo.ca

Sahaj Marg Meditation

Is a system of Raja Yoga, is a heart centered practice which is offered free of charge. Easily
integrated into daily life it leads to a calmer, more balanced mind. "First you have to learn
to love yourself. That is why perhaps we meditate on our own heart. We learn to love what
we find inside." **Contact:** Penticton:Leslie 250-492-4458 Oliver: Tom 250-498-2310
Nelson: Michael 250 509-0905 - Visit website: www.srcm.org - See [Article](#) for more info.

SORCO - Giant Yard Sale for the Owls

South Okanagan Rehabilitation Centre for Owls is having their May 6th SORCO's Annual
Public Open House, Giant Yard Sale, hot dogs, (& Veggies dogs) and Volunteer recruitment
day Oliver BC - huge big day - come out and see our Owl Center [more info](#) see our Enviro
page

Aromascents Journal

**Aromascents Journal provides aromatherapy product
resources, aromatherapy education, research, and
information regarding the many facets of essential oil and
aromatherapy practices to our readers, both professionals
and the general public.**

Robyn Harden, CAHP.

Editor - Aromascents Journal www.aromascentjournal.ca

Feng Shui
Principles

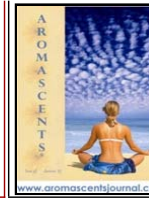
Summerland,
BC

Shiatsu
Training for
the Massage
Therapist-

This program
is approved
by the
College of
Massage
Therapists of
BC (CMT) for
24 contact
hours of
continuing
education and
professional
development.

Kelowna, BC

By Your Side -
Doula Service
A birth doula
provides
emotional,
physical and
informational
support for
expectant,
labouring and
postpartum
mothers and their
families.
Research shows
that women
supported by
doulas are more
satisfied with
their ability to
make informed
choices and had
higher
satisfaction rates
regarding their
birth experience.
Contact Sally
Bouchard -1 250
493-1200
sallyb-
lakeside@shaw.ca



For more Classifieds - visit our [Classifieds Page](#) and also visit our [Practitioner page](#)

OKinHealth Wellness Tips

Walk the course!

Did you know that 30 minutes of golf (when walking the course) can burn about 165 calories? Exercise doesn't have to be vigorous to provide benefits. So whenever possible, ditch the cart, bring plenty of water, and enjoy the outdoors.



Fruit Pops

For a refreshing treat, make frozen fruit pops. Place berries, such as blueberries, raspberries and chopped strawberries in a small cup. Add cranberry or pineapple juice to fill about 2/3 of the cup. Add a wooden Popsicle stick and freeze. After freezing, run warm water over the cup to release fruit pop and enjoy! Dining Out When dining out, consider asking questions about how food is prepared. Knowing about food preparation can help you avoid unhealthy fats and extra calories. Menu descriptions that suggest high saturated fat meals may include au gratin, Alfredo, creamed and parmigiana. For generally lighter choices, look for the words grilled, baked, broiled, marinara, and steamed.

Whole Wheat Pasta

When choosing pasta, consider whole wheat. Whole wheat pasta can be a great source of complex carbohydrates. It also contains several vitamins and dietary fiber (not found in regular pasta). Try not to rinse pasta after cooking. Rinsing reduces its nutritional value.

Safe BBQ

For a safer barbecue, consider the following tips to prevent food borne illness: (1) Never return cooked meats to the raw meat plate. (2) Do not use the same utensil on both raw meat and any other foods unless you wash the utensil first. (3) Do not taste food with a utensil, and then return it to the food. (4) Store leftovers in the freezer or refrigerator immediately after eating. (5) Eat leftovers within a few days or discard.

Exercising with Osteoarthritis

Do you suffer from osteoarthritis? If so, consider a water-based exercise program. Water can soothe your body and reduce strain on aching joints. Options include swimming, water aerobics, and water walking. Be sure to talk with your doctor about which form of exercise is best for you.

Increase your learning potential with sleep

Do you want to learn a new activity faster? Catching some zzzz's after learning a new move can help your retention. For example, getting a good night's sleep following a salsa class or a racquetball lesson increases your chance of remembering specific moves the next day. Whenever memory learning is important to you, try getting a good night's sleep.

More Risks from 2nd hand Smoke

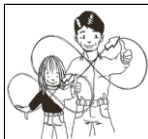
Exposing children to tobacco smoke may increase their risk of lung cancer as grown-ups. One report indicates their risk is up to 3 times greater than for children who were not exposed. Also, studies have found that non-smoking spouses of people who smoke at home have a 20-30% increase in lung cancer. Beans Are beans good for you? Dried and canned beans as well as legumes are excellent sources of protein, beans are low in fat, contain no cholesterol, are high in fiber, and are a good source both of calcium and iron. Because of their high protein content, you can eat beans as a meat alternative. Consider trying a bean-based entrée next week.



Iron Supplements

To get the most out of iron supplements, avoid taking them with coffee, tea or milk. These beverages contain substances that can inhibit the absorption of iron. Wait 90 minutes or more to drink coffee, tea or milk, after taking the iron.

For more Health & Wellness Tips - visit our [Wellness Tip Page](#)



Children with Challenges:
Movement Development and Reflex Integration

[Kelowna, BC and Children and Youths page](#)



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MERGING MODALITIES - MAKING MAGNIFICENCE
Integrating reflexology (universal technique), the brain and symbol healing and how to merge this knowledge with other modalities.
Two day workshops with Chris Stormer, Kath Forster from South Africa

[Vernon, BC](#)

a sponsored event by

REMOVE...REPLENISH...RESTORE with Waiora

REMOVE with Waiora's NATURAL CELLULAR DEFENSE- THE MOST IMPORTANT SUPPLEMENT YOU'LL EVER TAKE!



NO sugars, artificial flavors, or preservatives and tastes GREAT!



We are currently looking for representatives in other areas! See free intro night in Kelowna & Vancouver

Clinically formulated to renew and support a healthy immune system, remove heavy metals and toxic substances, and balance pH levels.

REPLENISH with Essential Daily Nutrients for Optimal Nutrition.

It's your DAILY full spectrum of highly-potent vitamins, minerals, polyphenols and herbs in a whole-food base of Goji, Acai and other exotic fruits.

[Also see our Skincents System!](#)



To order in lower mainland go to www.mywaiora.com/180729 or contact Marie 1-778-846-1411 - & in the Interior www.mywaiora.com/151593 or call Joyce 1- 250 807 2172

22 Contests

Closing date is May 26th (unless otherwise stated)

A - Prizes:

#A1. One free year subscription to [Aromascents Journal](#)

B - Treatments:

- Rock Creek/ Midway/ Boundary area**
One free Live & Dried Blood Cell Analysis with Lila Elliot. New
- Osoyoos**
One free Reiki Session at Yin Yang Chi Healing with Donna Phalen New
- Osoyoos**
One Free Platinum Energy System Foot Detoxification treatment at [A Touch of Heaven Wellness Studio](#), with Michael Antoniak.
- Penticton**
One Free personal coaching session with Lyndsay Blais Consulting. New
- Penticton**
One free 1 hour body therapy treatment that uniquely combines orthobionomy, cranosacral, massage, energy work, hot rocks & towels plus sound therapy at SynchroTherapyTM with Cyndy Bishop.
- Penticton**
One Free Reiki treatment at [Christina's Holistic Centre](#), with Christina Ince.
- Penticton**
Receive a 50% discount off a Relaxation Massage treatment at [Christina's Holistic Centre](#), with Christina Ince.
- Penticton**
One free session - hypnosis, or psychological, or energy work, communication with your body and/or talk therapy. Joy Green, Psychologist
- Penticton**
Win 1 of 3 "Every Drop Counts" T-Shirts or a Water Bottle- Donated by City Of Penticton's [Water Conservation Department](#)
- Summerland**
One Free Energy Reflex testing/health consultation with Summerland [Reflexology](#) with Denise DeLeeuw Blouin ([What is ERT?](#))
- Kelowna.**
Win a free European lymph drainage massage with aromatherapy or Deep tissue massage with Larry Petty at [Natural Sense Aromatherapy](#)
- Kelowna**
One free Reiki Treatment at [Holistic Choices](#) with Preben.
- Kelowna**
One Free Reflexology session from [Rite-Way Health](#) with Marie Sperling.
- Kelowna**
One free Live & Dried Blood Cell Analysis with Lila Elliot. New
- Vernon**
One \$25.00 off discount for a Healing Touch Treatment at [Maya Healing Centre](#) with Shirley Pretty New

C - Workshops

OKinHealth

BodyTalk
System
Kelowna

BASIC
ACUPRESSURE
Extraordinary
Channels &
Points

Kelowna

Shiatsu
Practitioner
Training
Program

at Brenda
Molloy -
Studio Chi
Kelowna

How to
Love
Yourself

Discover the importance of putting yourself first, setting healthy self-supporting boundaries and strengthening your relationships with yourself and others.

Liz Robitaille,
Certified Louise
L. Hay Teacher

Kelowna, BC

Enjoin Canada

Age is a feeling not a number. With a pH balanced diet, hydrating revitalized water, scientifically proven effective nutritional supplements, interior space harmonization & reducing metals in our cooking, Enjoin

C1 - Penticton - New One free workshop pass to Embracing Change Full Day Workshop - Closing Date May 16th

#C2. Summerland New

One free workshop pass - Clutter Clearing with Feng Shui Principles 9th June

#C3. Penticton

Receive a \$25.00 discount towards Reiki Level 1 & Level 2 classes, with Reiki Master/Teacher Christina Ince at Christina's Holistic Centre, Penticton, BC.

#C4. Kelowna

Receive a \$25.00 discount towards Reiki classes, with Reiki Master/Instructor Pamela Shelly at Mastering Wellness, Kelowna, BC.

#C5. Alberta

Receive a \$25.00 discount towards Reiki classes, with Reiki Master/Instructor Pamela Shelly at Mastering Wellness, Alberta.

Enter Contests

Sole 2 Soul - "Where Smart Feet Shop"

Enjoy a relaxing reflexology treatment by a certified reflexologist.
Mobile services available in the Penticton, Summerland, Peachland, Westbank and Kelowna areas.
Special rates available for business groups, seniors.
Gift certificates available. Contact Nora at 250-494-8032

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From Maria Carr and the OKinHealth Team and Community Network

Editor of www.OKinHealth.com

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Thank you for your support

[Chris Stormer Workshops](#)

[CranioSacral Reflexology- Basic with Dr. Martine Faure-
Alderson from UK -
a sponsored event by OKinHealth
See \[Reflexology page\]\(#\)](#)

consultation reveals
the most important
place for you to
begin with. Come
see Claudia at our
Natural
health business
page

OK In Health

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